



GRÉGORY LAGARDE


Nutritionist


PROFILE


Student in dietetics and sports nutrition at EDNH Paris, I follow nutritionally high level athletes in order to optimize their performance.

I undertake various projects about nutrition within companies.

CONTACT :

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 @greghealthy

CENTERS OF INTEREST :

- Cooking and pastry
- Travelling and Trekking
- Sports : Running, cycling, self-defense, Crossfit/Bodybuilding

QUALITIES :

- Entrepreneurship
- Rigor
- Empathy
- Benevolence
- Efficacy
- Customer relations
- Teamwork

PROFESSIONAL EXPERIENCES

2021 - INTERNSHIP AT A CATERING COMPANY

Cook and Waiter at the restaurant Arpège
Columbia of the Washington Plaza

2019 - FIRST AID CERTIFICATE

Volunteer at SauvLife.fr and at StayingAlive.org

2018 - INTERNSHIP AT A RESTAURANT

Cook and Waiter at the restaurant "Les
Pâquerettes" (in Antony)

2016 - MIDDLE SCHOOL INTERNSHIP IN A CAR BODY SHOP

FORMATIONS

BACHELOR DIETETICS AND SPORTS NUTRITION

2020-2021 - First year of Bachelor at EDNH Paris

HIGH SCHOOL SOPHIE-BARAT (2017-2020)

2020 - Obtained my Baccalaureate social economic
ES, mention Assez Bien